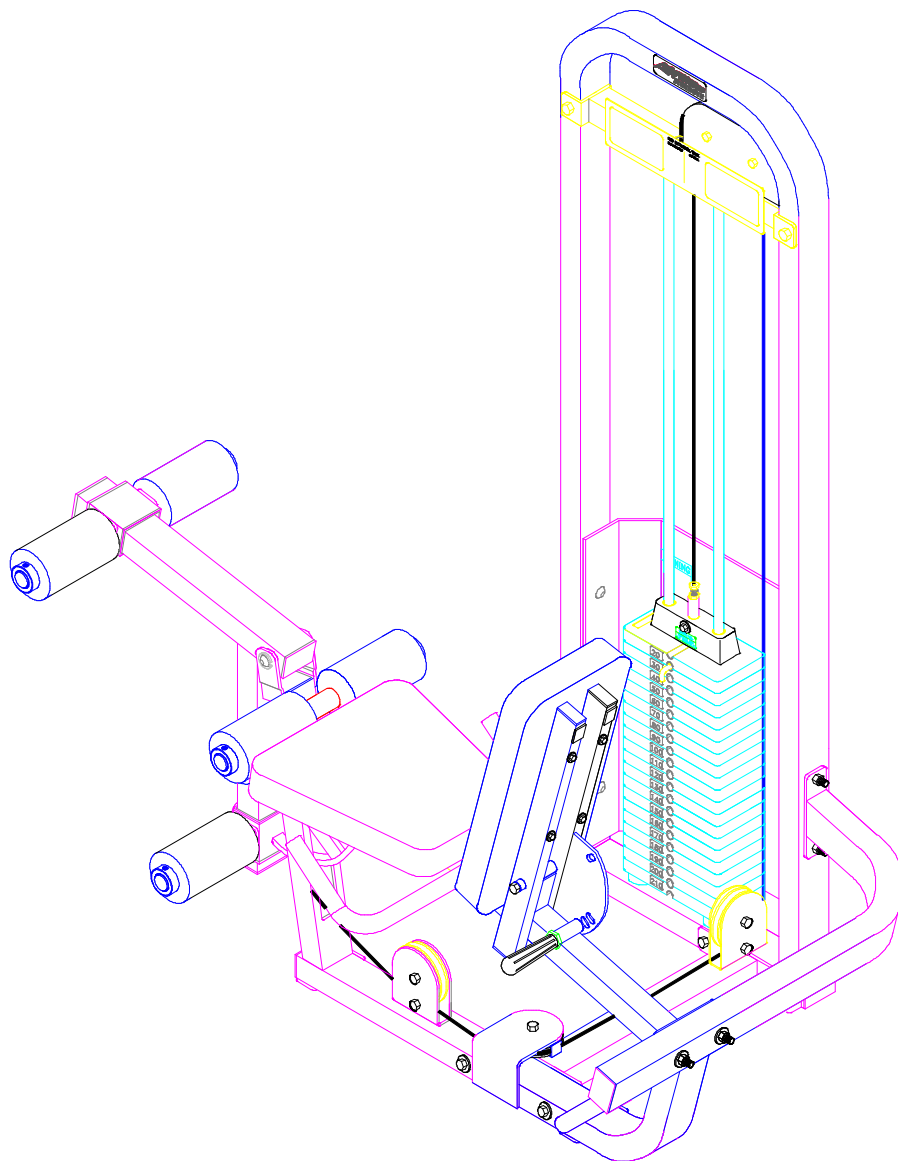


Life Fitness **STRENGTH**

8235 LEG EXTENSION/LEG CURL



ASSEMBLY INSTRUCTIONS



IMPORTANT NOTES

Please note:

- * Thank you for purchasing the LIFE FITNESS 8235 LEG EXTENSION/LEG CURL. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
- * We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your LIFE FITNESS customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

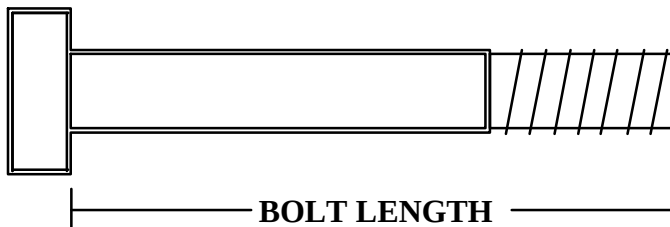
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local LIFE FITNESS STRENGTH distributor or call the LIFE FITNESS STRENGTH customer service department at (800) 328-9714.
5. Consult your physician before beginning any exercise program.

Tools Required for Assembly

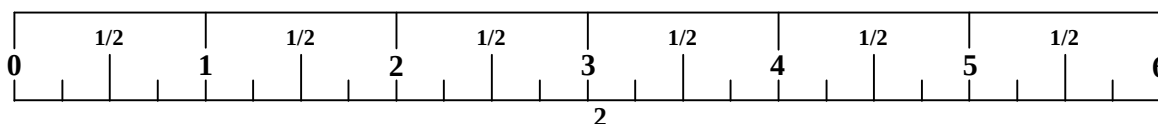
- * Rubber mallet or hammer
- * 3/4" wrench, 9/16" wrench
- * Ratchet with 3/4" and 9/16" sockets
- * 5/32", 3/16", 7/32" Allen wrenches
- * Adjustable wrench
- * Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY		KEY	PART #	DESCRIPTION	QTY
1	6793303	TOWER	1		30	6692601	3 X 2" END CAP	.2
2	6662303	LEG EXT HANDLE LEFT	1		31	6628302	2 X 8" PLATE	1
3	6662203	LEG EXT HANDLE RIGHT	1		32	3202107	1/2 X 6-1/2" BOLT	1
4	6764901	4 X 7" ROLLER PAD	6		33	3102917	1/2 X 4" BOLT	6
5	6782301	63-1/2" GUIDE ROD	2		34	3102910	1/2 X 3" BOLT	4
6	6770502	PAD SLEEVE	2		35	3102915	3/8 X 3-1/4" BOLT	2
7	6777403	BENCH FRAME	1		36	3102904	3/8 X 3" BOLT	4
8	6780703	LOWER CROSS SUPPORT	1		37	3102933	3/8 X 2" BOLT	7
9	6965503	LEG CURL/EXTENSION	1		38	3102901	3/8 X 1-1/4" BOLT	5
10	6781303	TOWER BRACE	1		39	3202401	3/8 X 1" BTN HEAD CAP SCREW	6
11	6698303	UPPER CROSS SUPPORT	1		40	3102502	1/2" WASHER	10
12	6625502	PAD SUPPORT RIGHT	1		41	3102501	3/8" WASHER	13
13	6693502	PAD SUPPORT LEFT	1		42	3114502	3/8" LOCK WASHER	2
14	6780401	BACK PAD	1		43	3102801	1/2" LOCK NUT	10
15	6780201	SEAT PAD	1		44	3102802	3/8" LOCK NUT	9
16	6791102	SHROUD	1		45	6406401	HINGE TAB	2
17	6214501	WEIGHT PLATE	20		46	6781601	1/2 X 7-7/8" SPRING PIN	1
18	6776601	19-1/4" TUBE	1		47	6412001	3/8" SPRING PIN	2
19	6284501	20 HOLE WEIGHT STACK SHAFT	1		48	6214401	SELECTOR PIN	1
20	6714601	HEAD PLATE	1		49	3104901	3/4" FLANGE BEARING	2
21	3116101	4-1/2" PULLEY	5		50	6020601	1/2" FLANGE BEARING	2
22	3102807	3/8" LOW HEIGHT LOCK NUT	1		51	6695001	3/4" DIA TAPPED SHAFT	1
23	6962501	162-1/4" CABLE ASSEMBLY	1		52	3103302	13/16" SHAFT COLLAR	2
24	3102941	3/8 X 1-1/2" BOLT	1		53	3103304	1-5/16" SHAFT COLLAR	6
25	6382301	WEIGHT PLATE BUSHING 10 CT	4		54	3102701	3/8" NUT	2
26	3108002	WEIGHT STACK CUSHION	2		55	6703801	WEIGHT STACK LABEL LBS.	1
27	6757701	2-7/8" CABLE CLIP	1		56	6189501	WEIGHT STACK LABEL (1-25)	1
28	3116001	1-1/4" SQ. RUBBER BUMPER	2					
29	6140701	1 X 1" GLIDE	2					

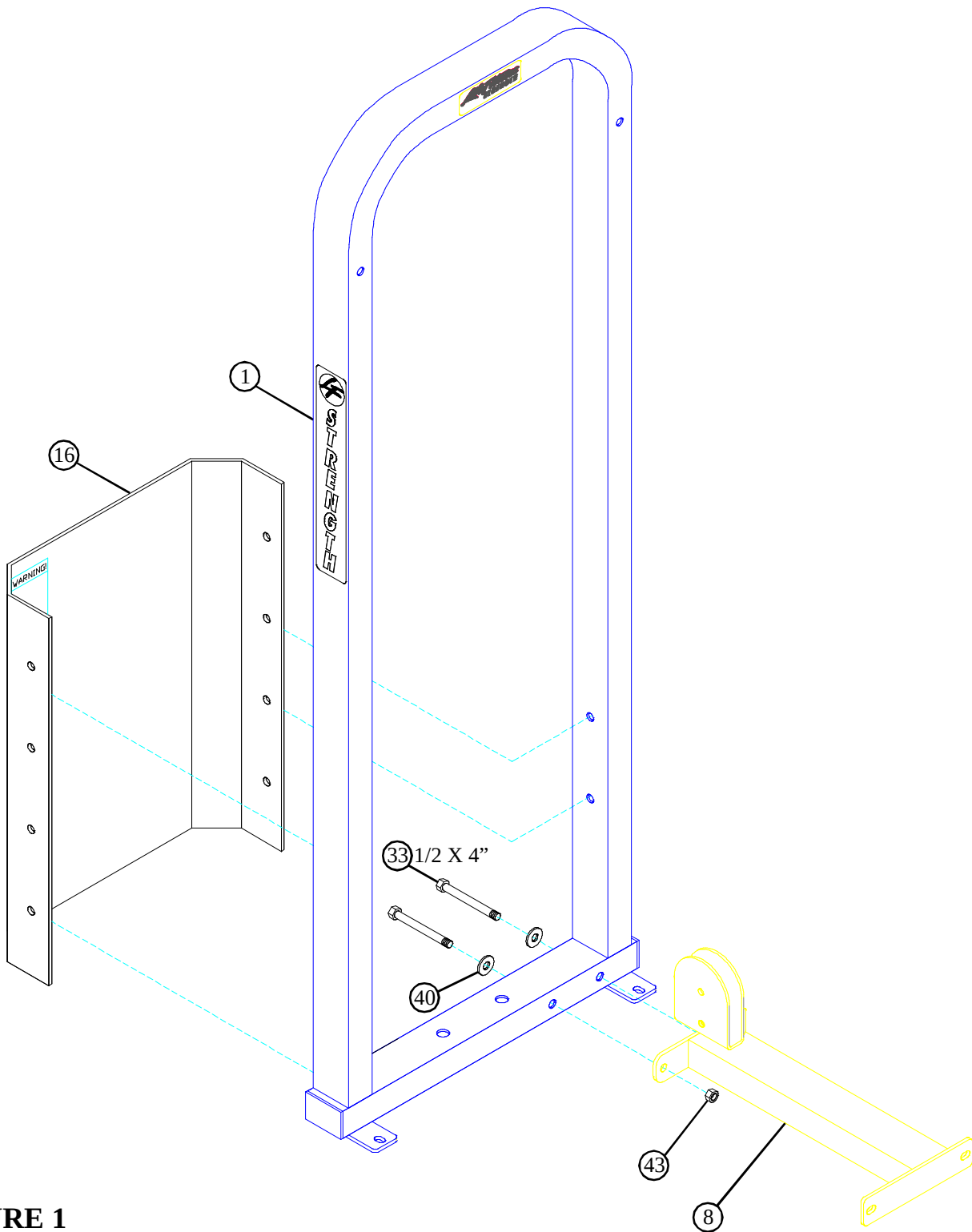
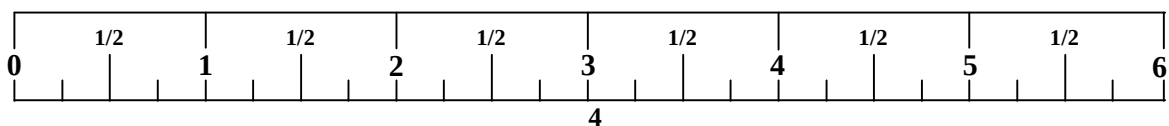
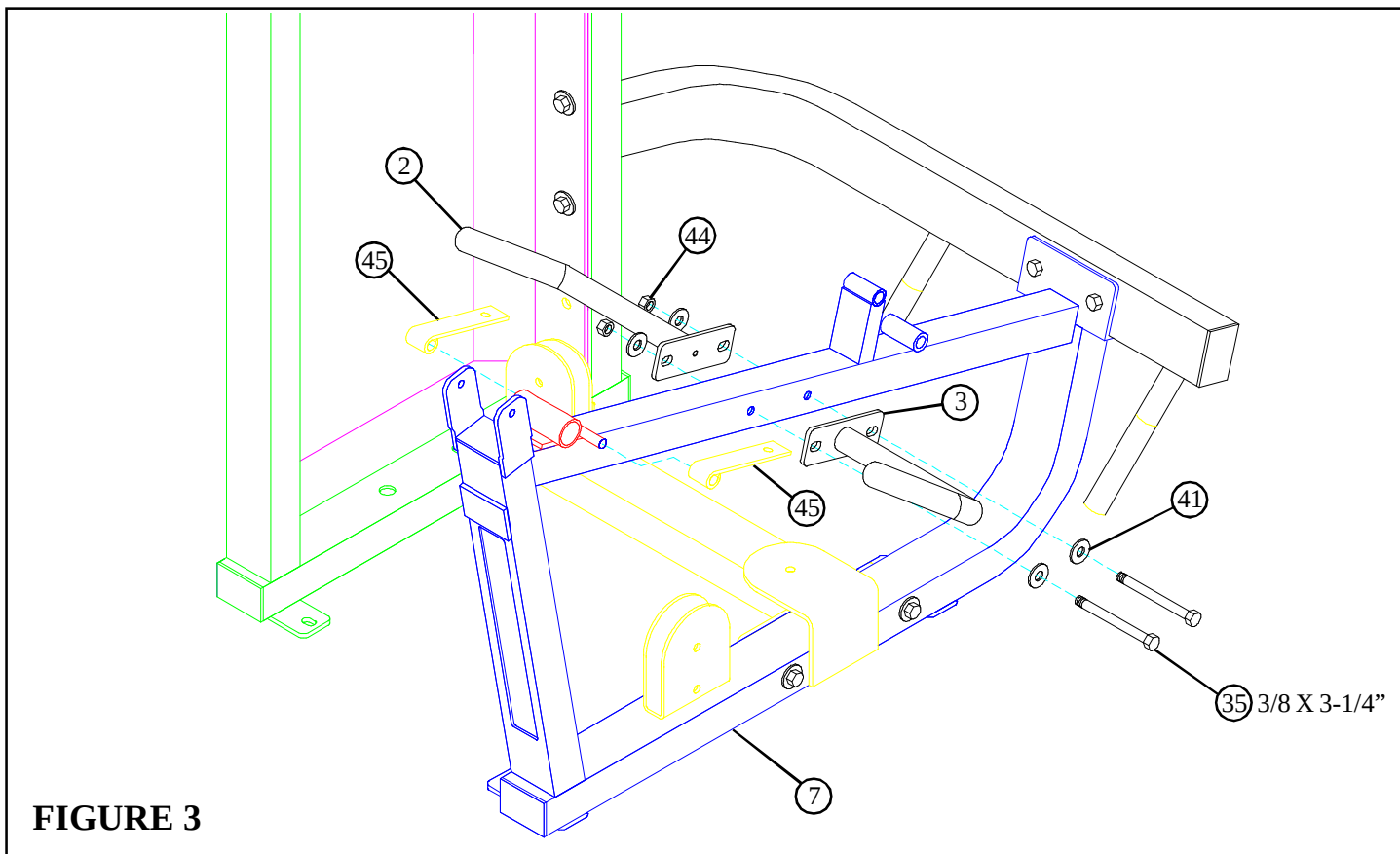


FIGURE 1

STEP 1:

- **LOOSELY** assemble LOWER CROSS SUPPORT (8) to the TOWER (1) using two 1/2 X 4" BOLTS (33), two 1/2" WASHERS (40) and one 1/2" LOCK NUT (43). See FIGURE 1.
- Slide the SHROUD (16) between the TOWER (1) as shown in FIGURE 1.



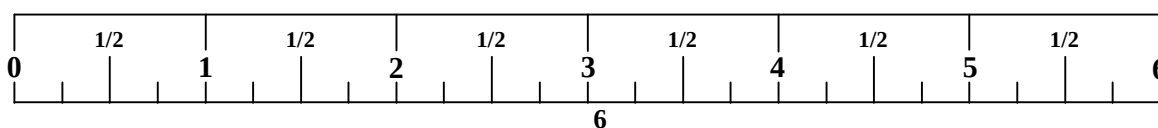
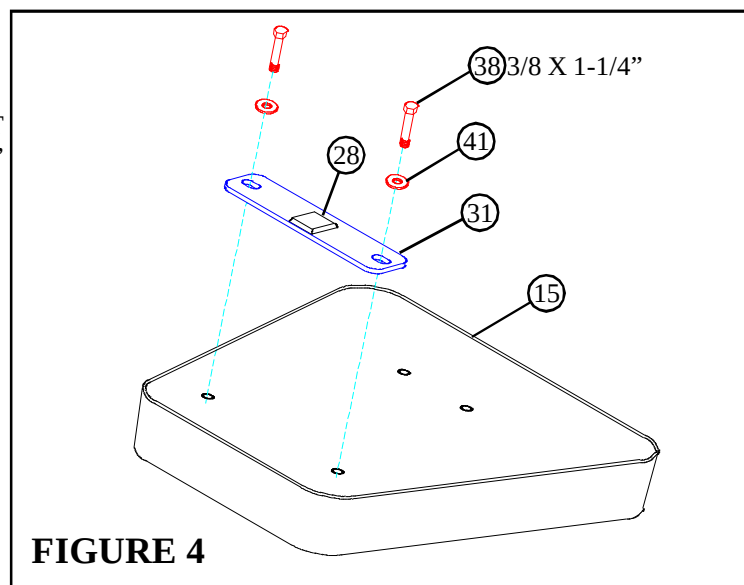


STEP 3:

- **SECURELY** assemble the LEFT (2) and RIGHT (3) LEG EXT. HANDLES to the BENCH FRAME (7) using two 3/8 X 3-1/4" BOLTS (35), four 3/8" WASHERS (41), and two 3/8" LOCK NUTS (44). See FIGURE 3.
- Slide two HINGE TABS (45) onto the BENCH FRAME (7) as shown in FIGURE 3.

STEP 4:

- **SECURELY** assemble one 2 X 8" PLATE (31) to the SEAT PAD (15) using two 3/8 X 1-1/4" BOLTS (38) and two 3/8" WASHERS (41). See FIGURE 4.
- Apply one 1-1/4" RUBBER BUMPER (28) to the 2 X 8" PLATE (31) as shown in FIGURE 4.



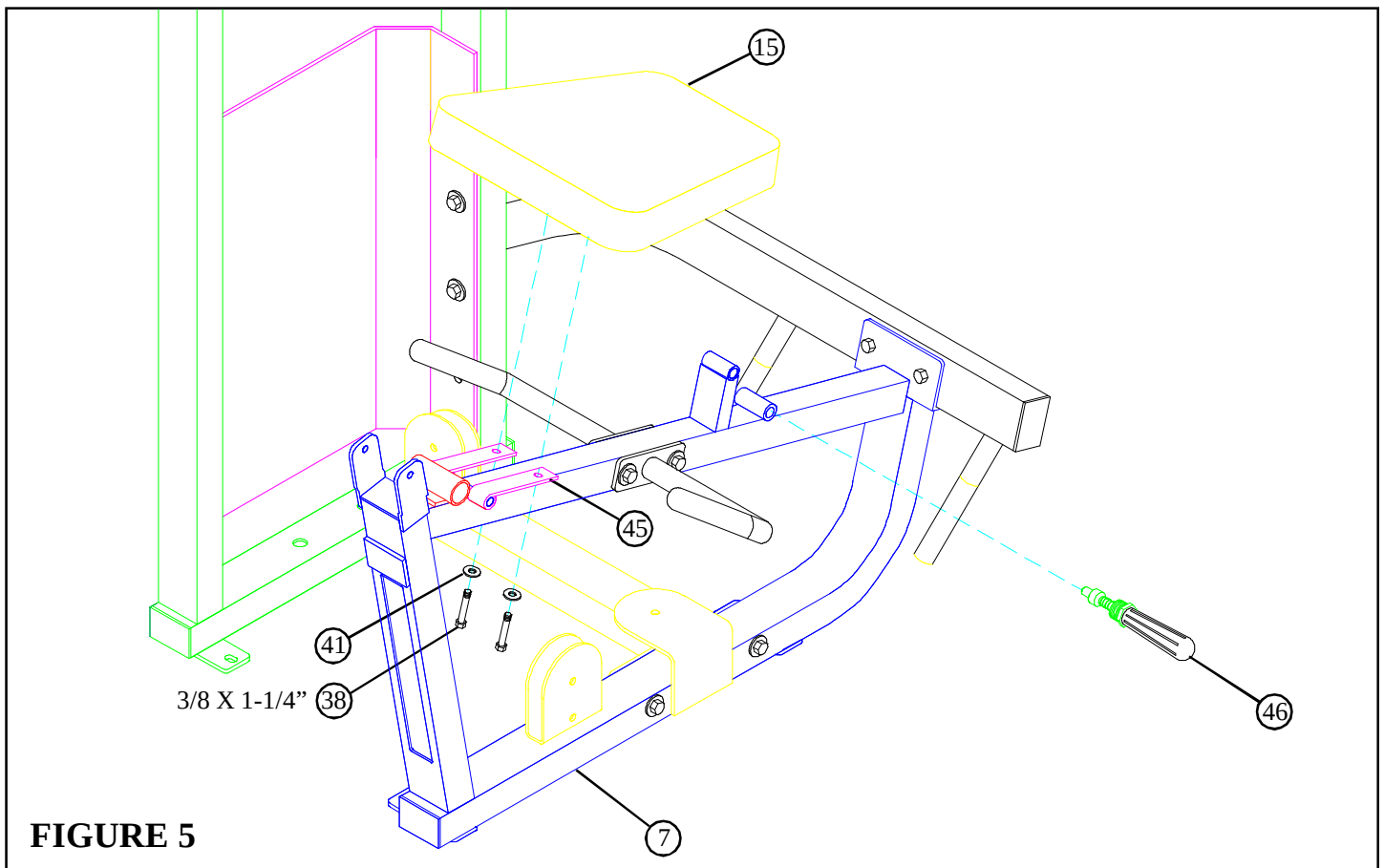


FIGURE 5

STEP 5:

- **SECURELY** assemble SEAT PAD (15) to HINGE TABS (45) using two 3/8 X 1-1/4" BOLTS (38) and two 3/8" WASHERS (41). See FIGURE 5.
- **SECURELY** assemble one 1/2 X 7-7/8" SPRING PIN (46) to the BENCH FRAME (7) as shown in FIGURE 5. **(NOTE: IMPORTANT! Tighten SPRING PIN completely.)**

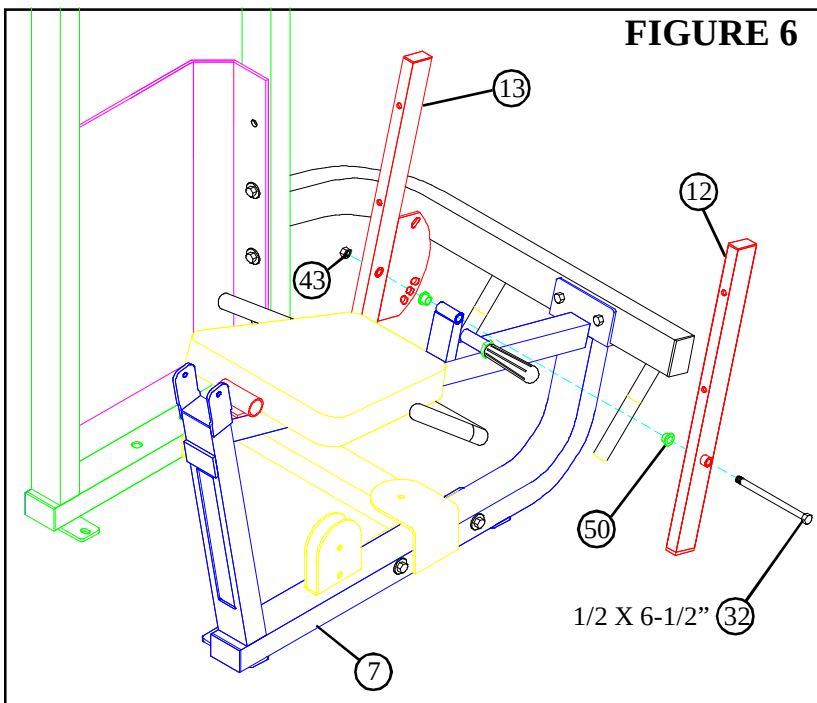


FIGURE 6

STEP 6:

- Assemble RIGHT (12) & LEFT (13) PAD SUPPORTS to the BENCH FRAME (7) using one 1/2 X 6-1/2" BOLT (32), two 1/2" FLANGE BEARINGS (50), and one 1/2" LOCK NUT (43) as shown in FIGURE 6. **(NOTE: Securely tighten, then back nut off 1/4 turn to allow the two parts to rotate freely.)**

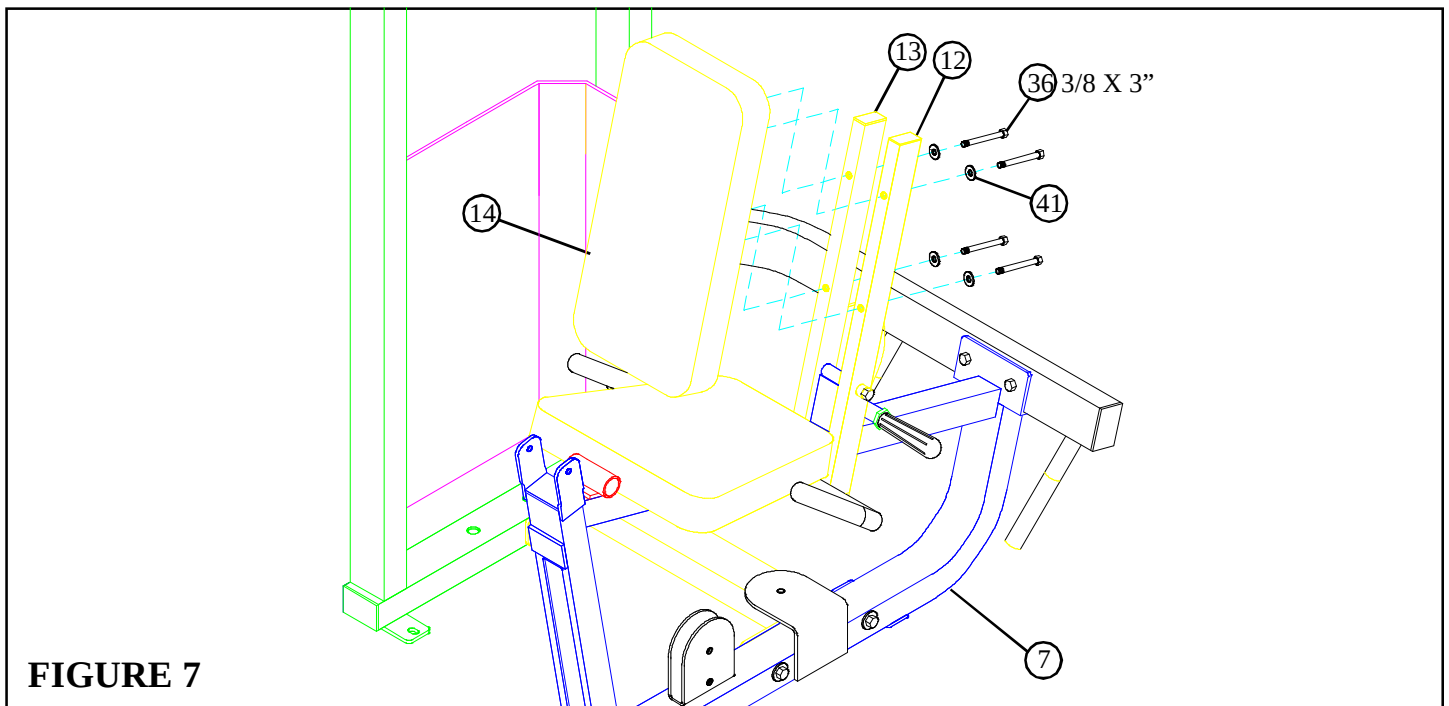


FIGURE 7

STEP 7:

- **SECURELY** assemble BACK PAD (14) to the RIGHT & LEFT PAD SUPPORTS (12) (13) using four 3/8 X 3" BOLTS (36) and four 3/8" WASHERS (41) as shown in FIGURE 7.

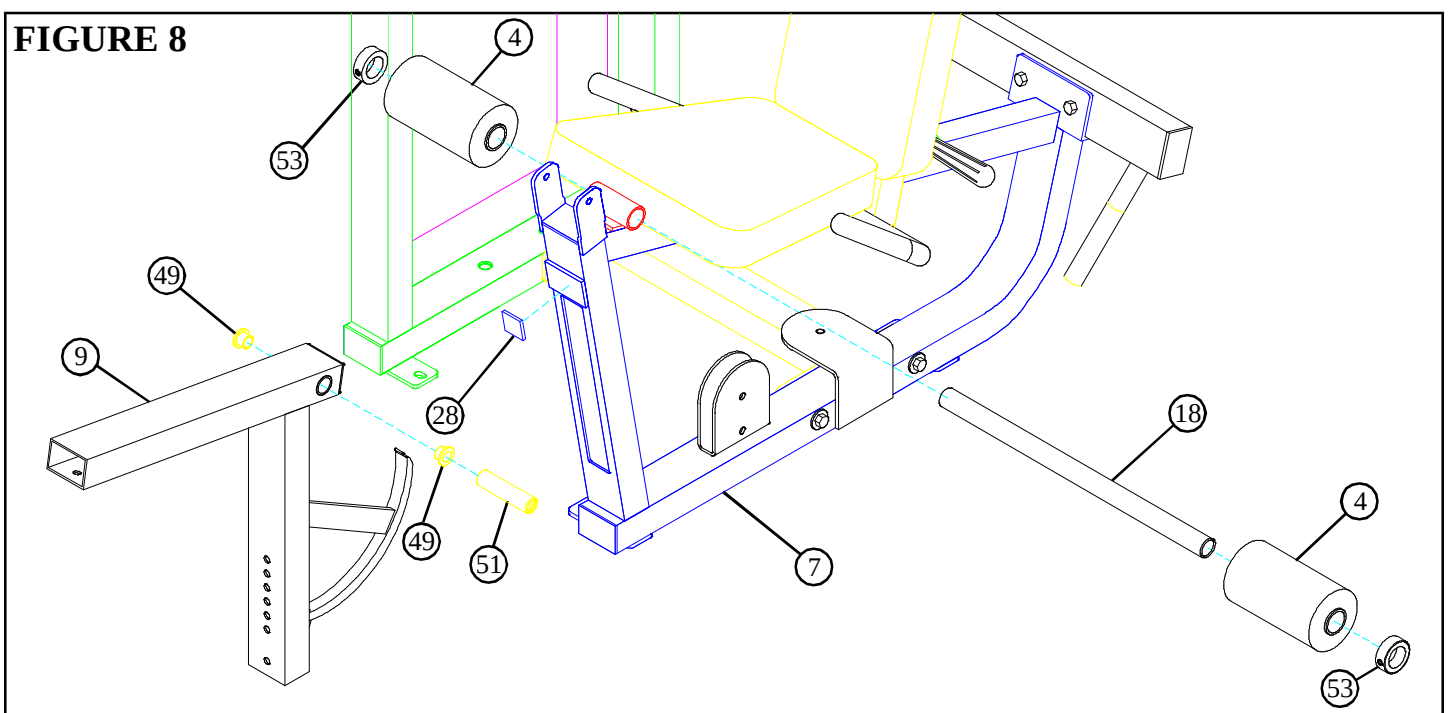
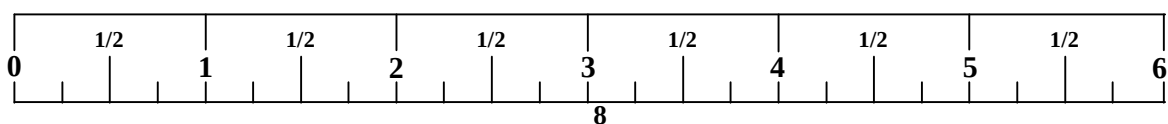


FIGURE 8

STEP 8:

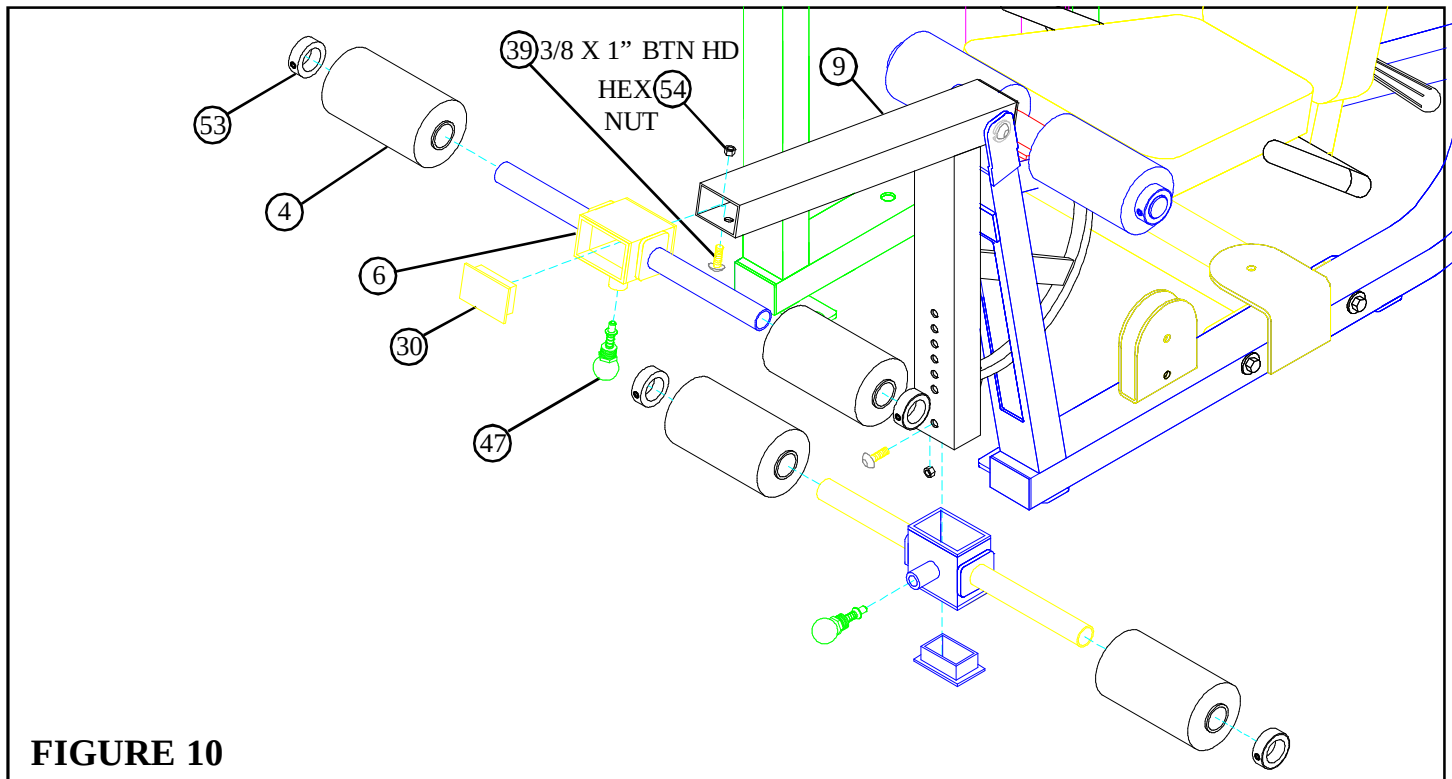
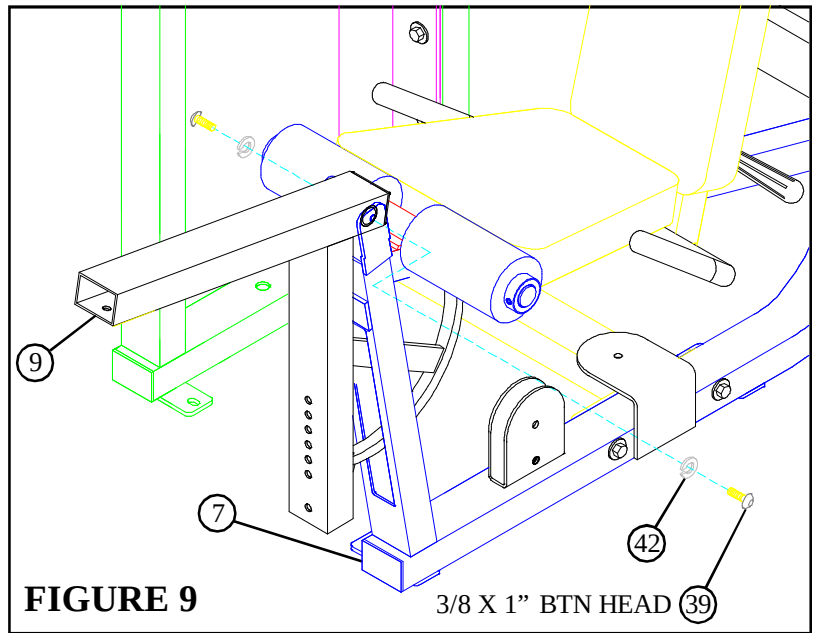
- **SECURELY** assemble two ROLLER PADS (4) to the BENCH FRAME (7) using one 19-1/4" TUBE (18) and two 1-5/16" SHAFT COLLARS (53). **SECURELY** tighten set screws on SHAFT COLLARS (53). See FIGURE 8.
- Assemble one 1-1/4" RUBBER BUMPER (28) to the middle of the plate on the BENCH FRAME (7) as shown on FIGURE 8.
- Insert two 3/4" FLANGE BEARINGS (49) into the bushing of the LEG CURL/EXTENSION (9), then slide the 3/4" DIA TAPPED SHAFT (51) into the 3/4" FLANGE BEARINGS (49) as shown in FIGURE 8.



STEP 9:

- Attach LEG PEDESTAL (9) to the BENCH FRAME (7) using two 3/8 X 1" BUTTON HEAD CAP SCREWS (39) and two 3/8" LOCKWASHERS (42) as shown in FIGURE 9.

(NOTE: Both button head cap screws must be tightened at the same time using two allen wrenches.)



STEP 10:

- **SECURELY** assemble two 3/8" SPRING PINS (47) to the PAD SLEEVES (6) as shown in FIGURE 10. (NOTE: IMPORTANT! Tighten SPRING PIN completely.)
- Assemble four ROLLER PADS (4) to the PAD SLEEVES (6) using four 1-5/16" SHAFT COLLARS (53). **SECURELY** tighten set screws on SHAFT COLLARS (53). See FIGURE 10.
- Slide PAD SLEEVES (6) over LEG CURL/EXTENSION (9) until the spring pin pops into the holes. See FIGURE 10.
- **SECURELY** assemble two 3/8 X 1" BUTTON HEAD CAP SCREWS (39) and two 3/8" HEX NUTS (54) to the last holes in the LEG CURL/EXTENSION as shown in FIGURE 10.
- Insert two 3 X 2" END CAPS (30) into the ends of the LEG CURL/EXTENSION (9) as shown in FIGURE 10.

STEP 11:

- Snap two WEIGHT PLATE BUSHINGS (25) into the top of all twenty WEIGHT PLATES (17) as shown in FIGURE 11.

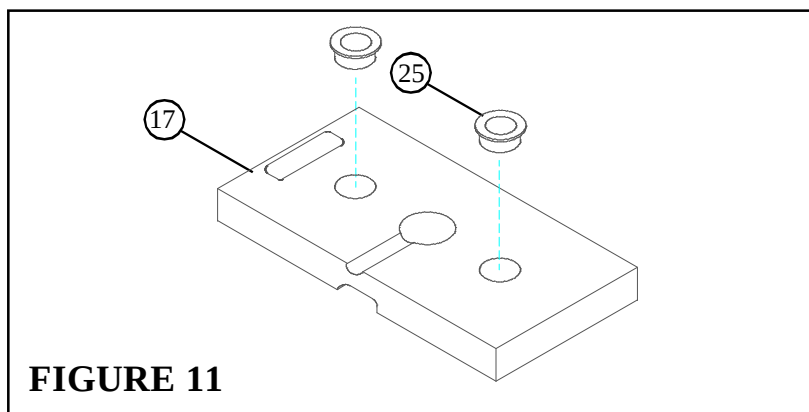


FIGURE 11

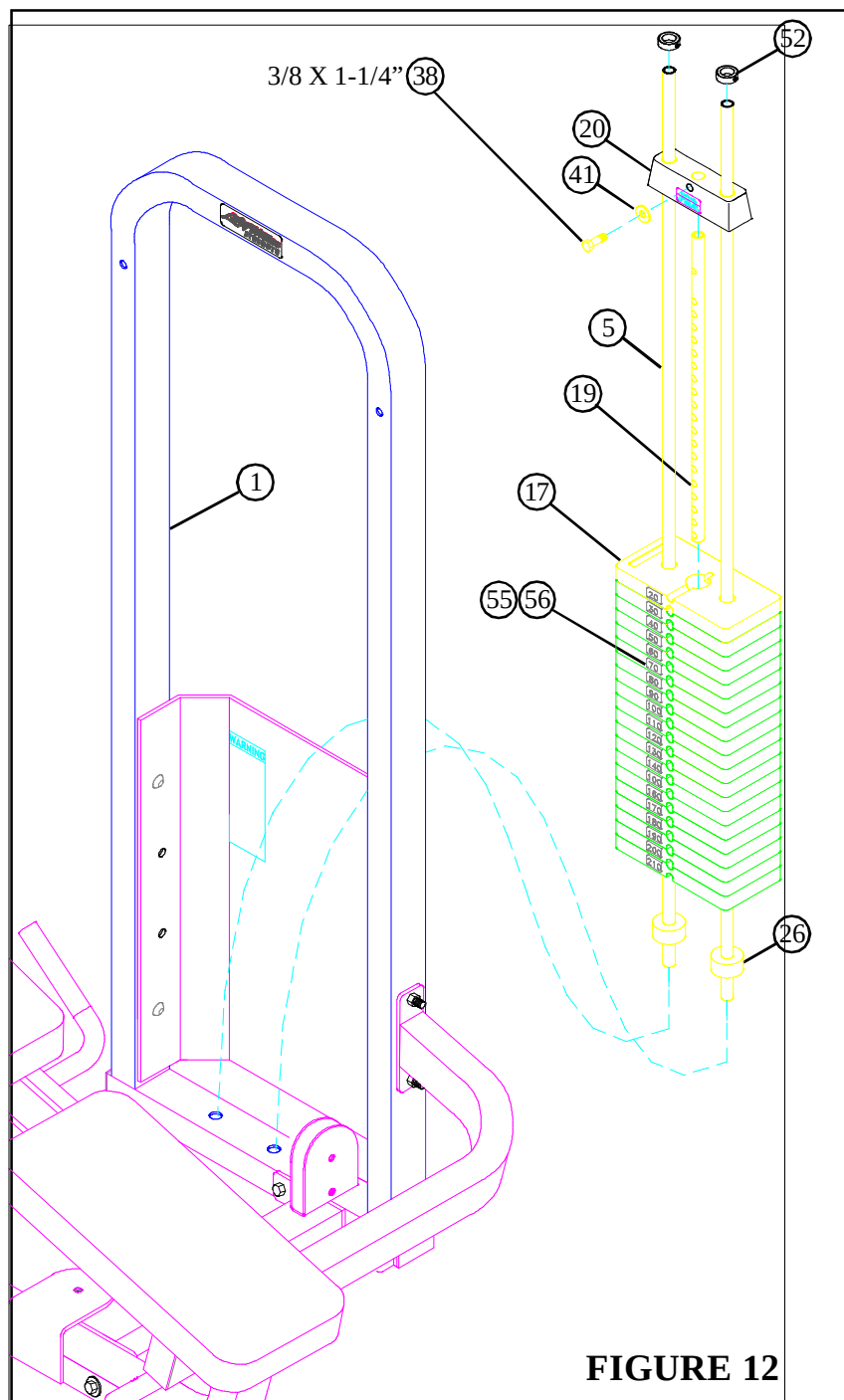
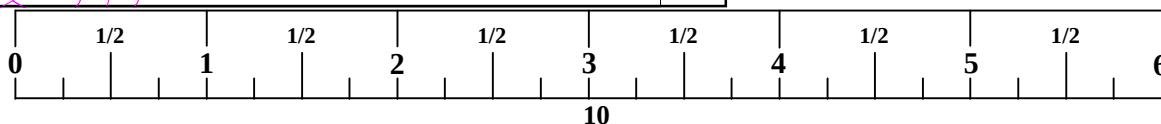


FIGURE 12

STEP 12:

- Insert the two GUIDE RODS (5) into the base of the TOWER (1) as shown in FIGURE 12. Lubricate the GUIDE RODS (5) with a silicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (26) down over the GUIDE RODS (5). See FIGURE 12.
- Using **EXTREME CARE** slide twenty WEIGHT PLATES (17) down over the GUIDE RODS (5) with the key-hole facing as shown in FIGURE 12.
- Securely assemble the WEIGHT STACK SHAFT (19) to the HEAD PLATE (20) using one 3/8 X 1-1/4" BOLT (38) and one 3/8" WASHER (41). (**Note: The bolt hole in the HEAD PLATE (20) should be on top.**)
- Carefully Slide the HEAD PLATE ASSEMBLY (19 & 20) down over the GUIDE RODS (5) onto the weight stack as shown in FIGURE 12.
- Slide two 13/16" SHAFT COLLARS (52) over the GUIDE RODS (5) as shown in FIGURE 12.
- Apply one set of WEIGHT STACK LABELS - LBS. OR 1-25 (55) (56) to each WEIGHT PLATE (57) as shown in FIGURE 12.



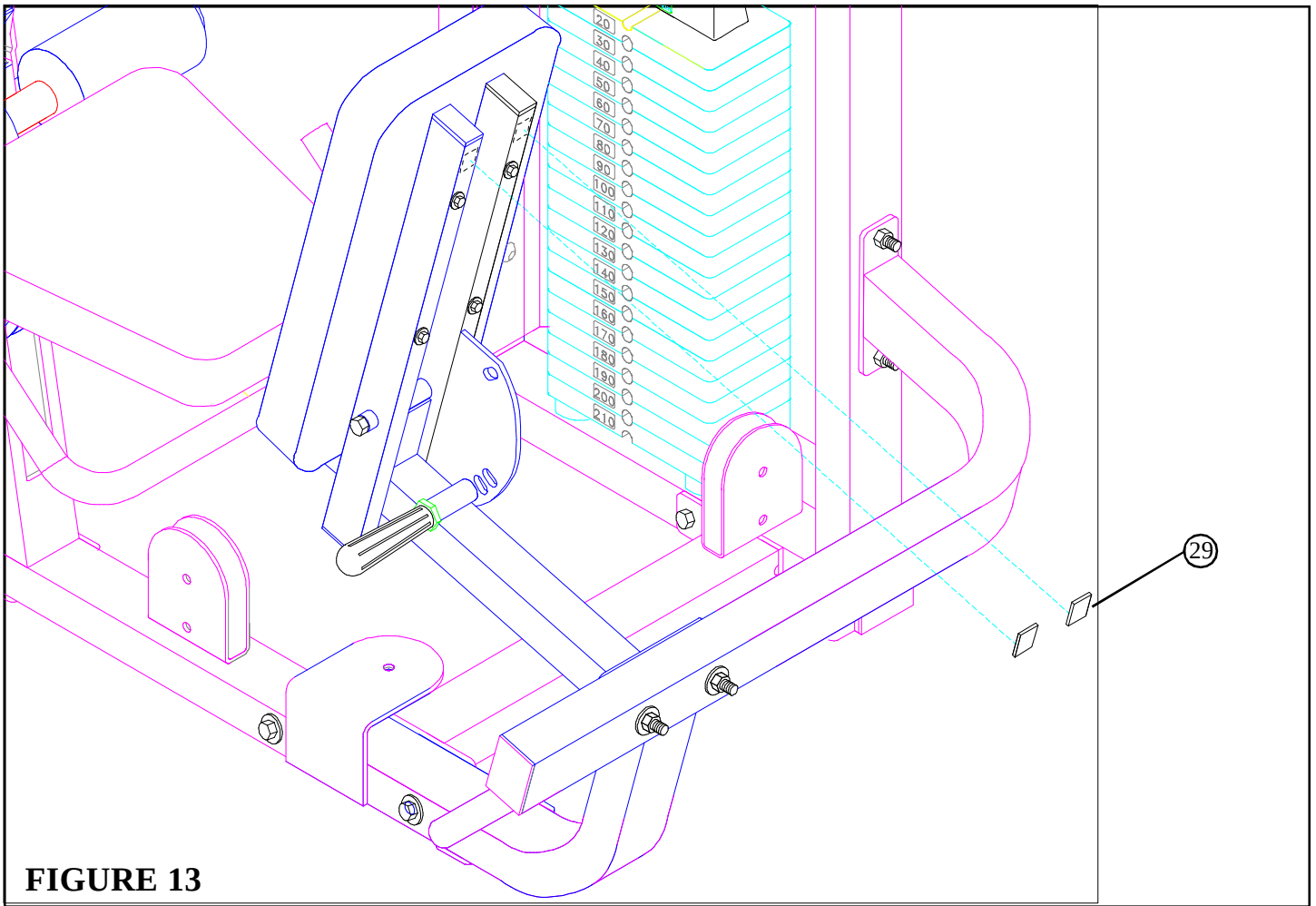


FIGURE 13

STEP 13:

- Attach two 1 X 1" GLIDES (29) to the LEFT & RIGHT PAD SUPPORTS approximately where shown in FIGURE 13.

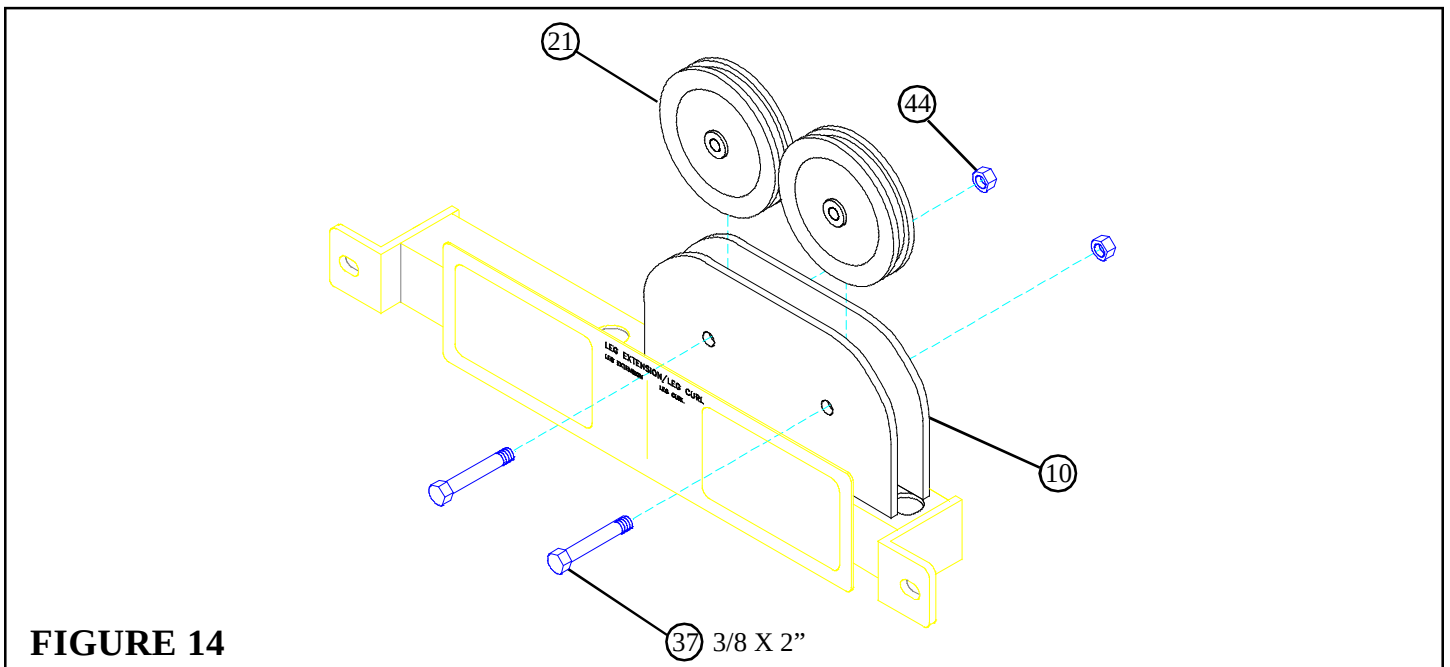


FIGURE 14

STEP 14:

- **SECURELY** assemble two 4-1/2" PULLEYS (21) to the TOWER BRACE (10) using two 3/8 X 2" BOLTS (37), and two 3/8" LOCK NUTS (44). See FIGURE 14.

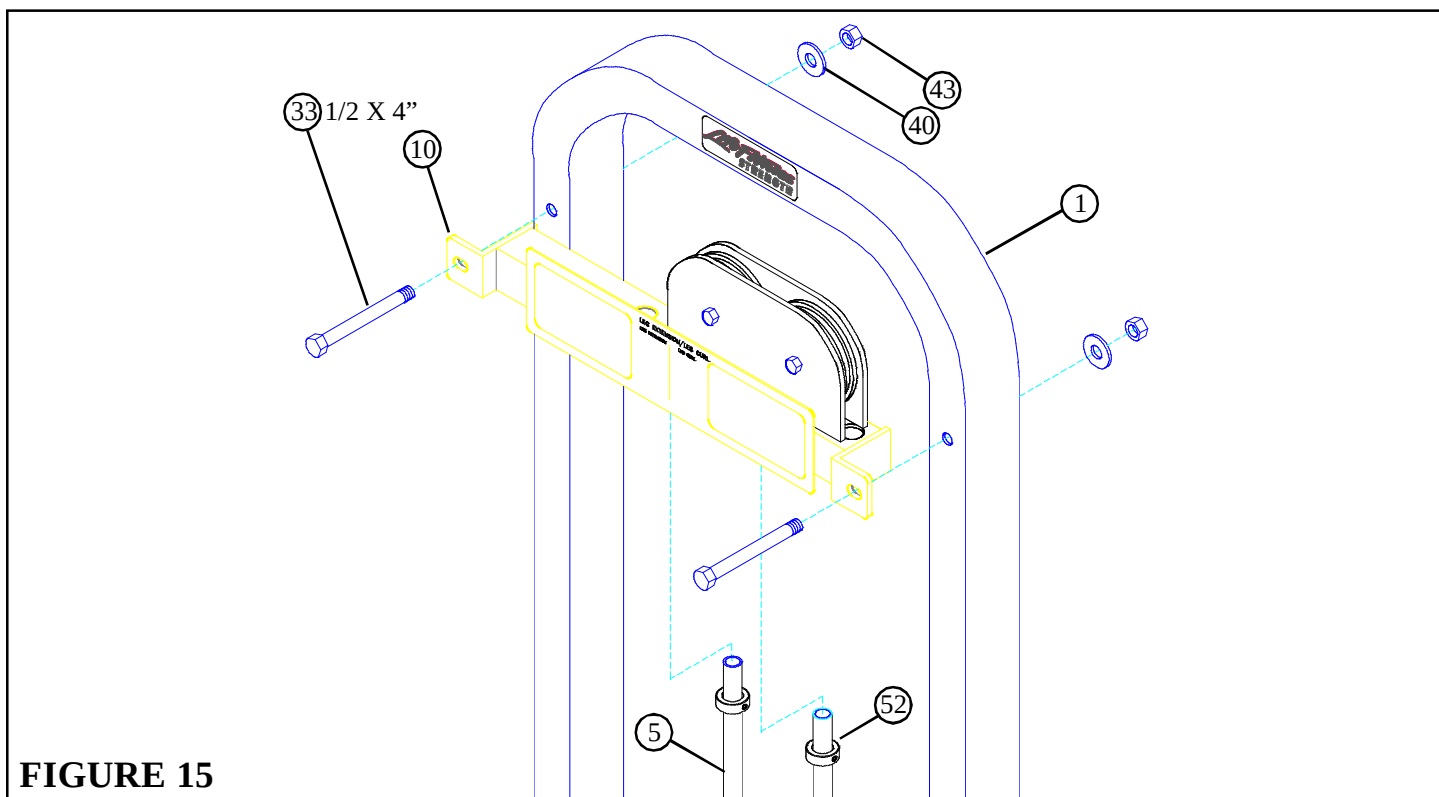


FIGURE 15

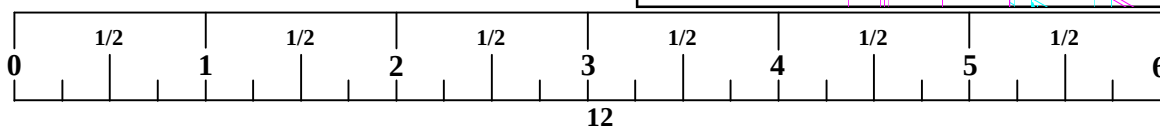
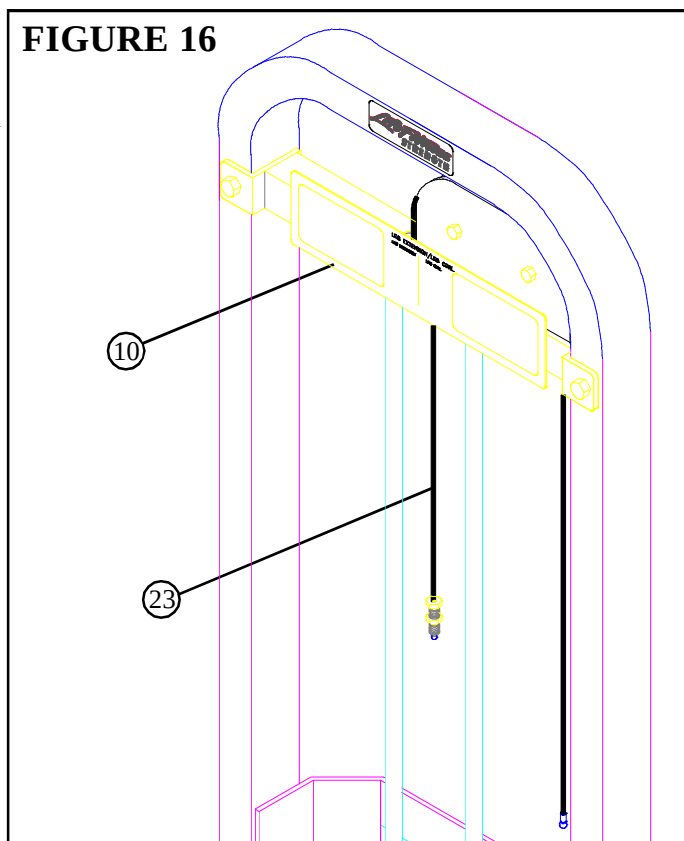
STEP 15:

- Place TOWER BRACE (10) over the GUIDE RODS (5) and **SECURELY** assemble TOWER BRACE (10) to TOWER (1) using two 1/2 X 4" BOLTS (33), two 1/2" WASHERS (40), and two 1/2" LOCK NUTS (43) as shown in FIGURE 15.
- Slide the 13/16" SHAFT COLLARS (52) to the top of the GUIDE RODS (5) and **SECURELY** tighten the SHAFT COLLAR (52) set screws. See FIGURE 15.

STEP 16:

- Loop the ball end of the CABLE (23) through the holes and around the pulleys in the TOWER BRACE (10) as shown in FIGURE 16.

FIGURE 16



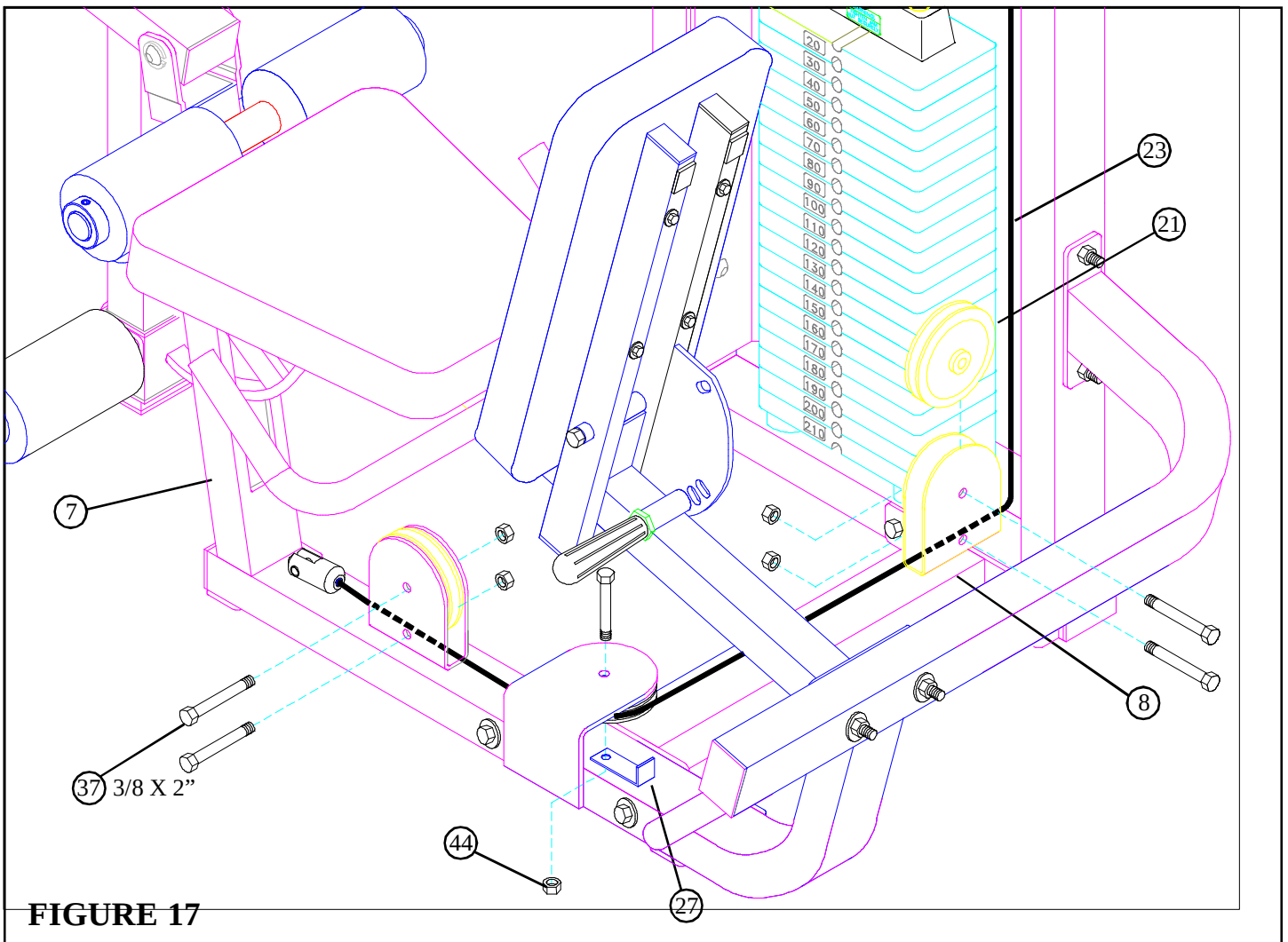
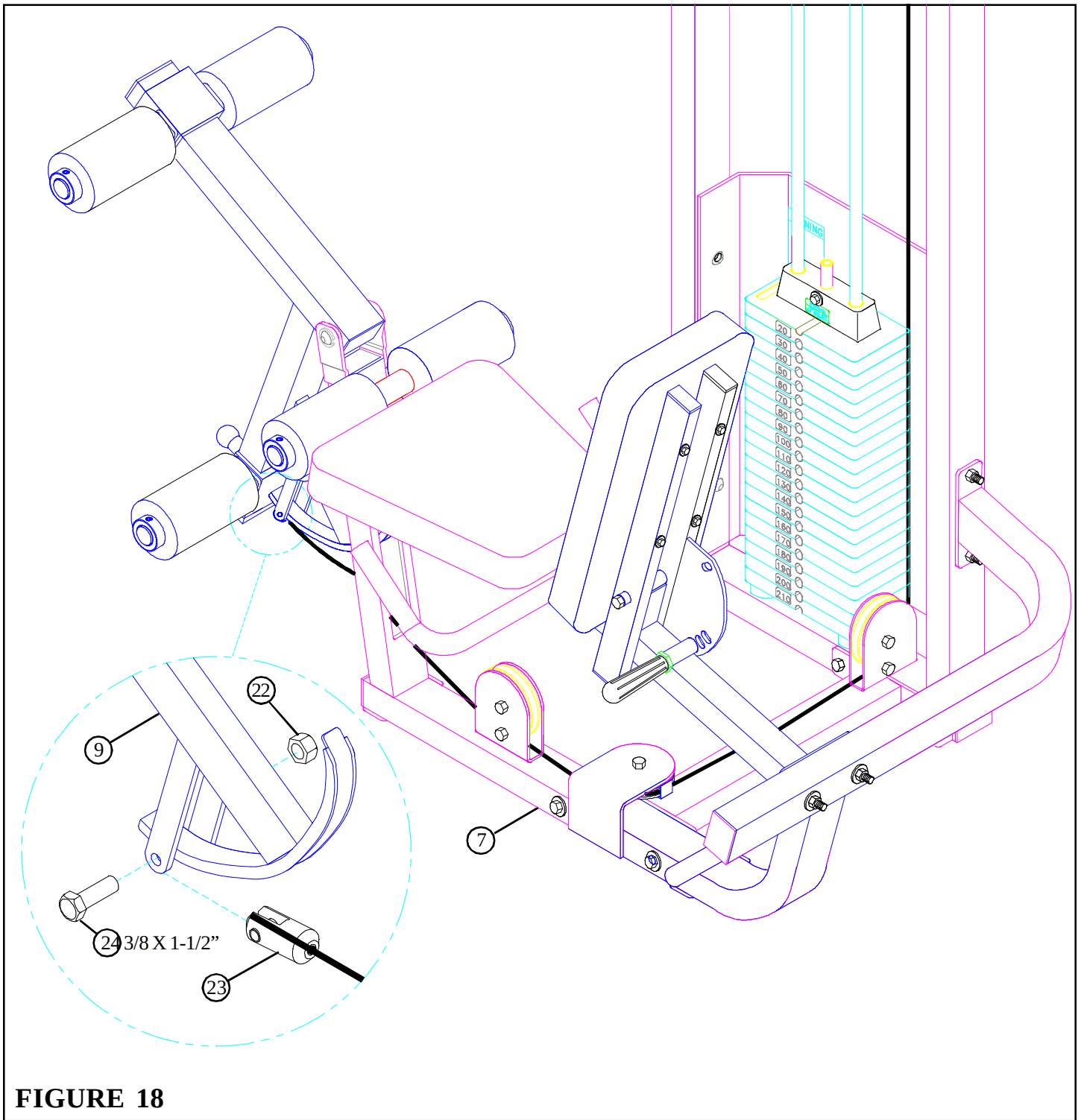


FIGURE 17

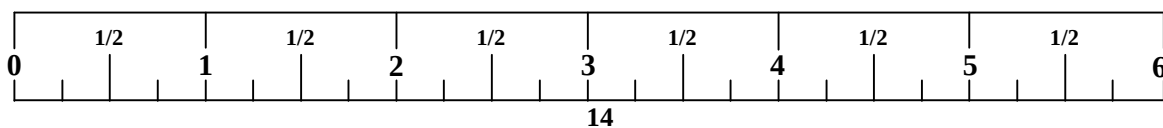
STEP 17:

- **SECURELY** assemble three 4-1/2" PULLEYS (21) to the brackets on the BENCH FRAME (7) and LOWER CROSS SUPPORT (8), using four 3/8 X 2" BOLTS (37), one 2-7/8" CABLE CLIP (27), and four 3/8" LOCK NUTS (44) as shown in FIGURE 17. (**NOTE: Position the 2-7/8" CABLE CLIP before tightening and make sure the CABLE is running over the 3/8 X 2" retaining bolt.**)
- Make sure the CABLE (23) is routed around all pulleys as shown in FIGURE 17.



STEP 18:

- Insert ball end of CABLE (23) through slot of the BENCH FRAME (7) and around LEG PEDESTAL (9) as shown in FIGURE 18.
- Assemble the CABLE (23) to the tabs on the cam of the LEG PEDESTAL (9) using one 3/8 X 1-1/2" BOLT (24) and one 3/8" LOW HEIGHT LOCK NUT (22).



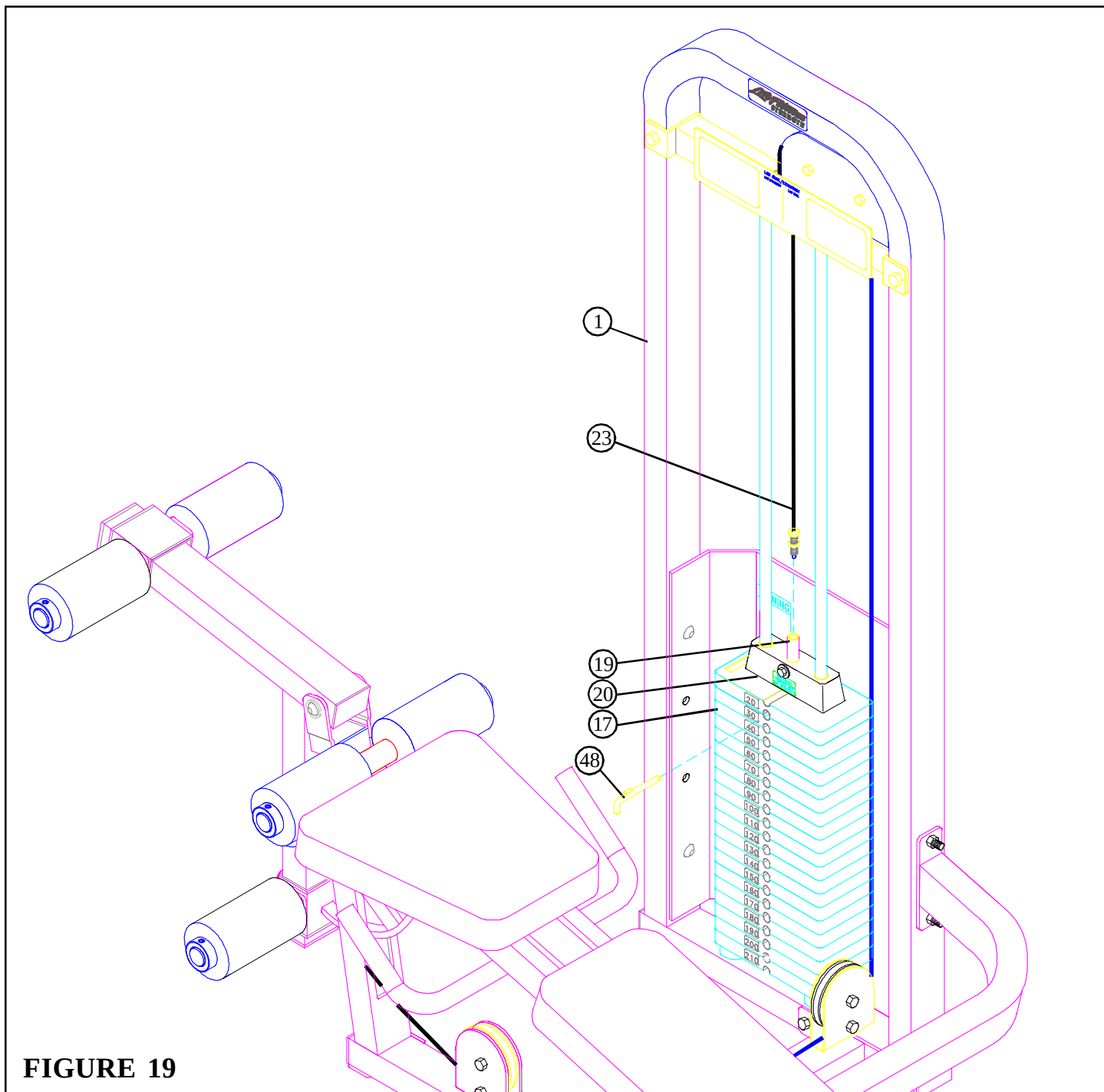


FIGURE 19

STEP 19:

- Screw the threaded end of the CABLE (23) approximately 3/4" into the end of the WEIGHT STACK SHAFT (19) and tighten jam nut securely. See FIGURE 19.
- If the HEAD PLATE (20) does not sit on top of the first WEIGHT PLATE (17), push the head plate down, insert the SELECTOR PIN (48) and perform several repetitions on the machine. This will relax the cable system and prevent the HEAD PLATE (20) from lifting up.
- If after completing the previous step the HEAD PLATE (20) still does not sit on top of the first WEIGHT PLATE (17) or if there is excess slack in the cable system, adjust the threaded end of the CABLE accordingly and retighten the jam nut.

Thank you for purchasing the LifeFitness 8235 LEG EXTENSION/LEG CURL. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 328-9714.